

Most Holy Trinity, May 31, 2026

Intentions: May 31, For the Holy Souls in purgatory, and for all those who have no one to pray for them, requested by Janne Campbell.

Mass Intentions: \$15.00

Offertory Collection:

May 24 - T.B.A. Thank You.

May 31

The Visitation of the Blessed Virgin Mary: This feast, commemorating the meeting between Mary and Elizabeth, has been celebrated in the Roman liturgy since the 8th century. Found in Luke's Gospel, this event is one of rejoicing in the wonders God has done, as both the barren Elizabeth and the young Virgin Mary find themselves with child. Each woman experiences at outpouring of the Holy Spirit; Elizabeth's response is to declare Mary and her child blessed; and Mary's response is the hymn of praise, the Magnificat.

June 03

Saint Charles Lwanga and Companions: Charles Lwanga and his companions became Christians through the Catholic missions of the Missionaries of Africa (commonly known as the White Fathers). Charles' predecessor as master of royal pages, also a Christian, had censured King Mwanga of Uganda for his cruelty and immorality. The vengeful king, determined to stamp out Christianity, ordered Charles and the other young Christian pages put to death. About 100 died during the persecution. Within a year of these deaths, however, the number of Christians had greatly increased, and by 1890 was estimated to be ten thousand. The 22 Martyrs of Uganda died on June 3, 1886, and were canonized in 1964. Charles Lwanga has been declared patron of Catholic Action and of black African youth.

Pope's Intentions for the Month of May: That everyone might have food: Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food and to ensure that everyone has access to quality food.



Prayers for the Sick. Please pray for the sick among our families and friends, especially for Roy Campbell, Linda Cassidy, Patricia Cassidy, Suzanne Lafontaine, Priscilla Rowley and Lorraine Stafford. *The names will remain on the list until we are otherwise advised.*

Reflection: Of all the festivals on the liturgical calendar, this is the one that speaks most to us of pure, unfathomable mystery. We can only know something of God through what God has done for us and how God relates to us—these are the concrete traces of God among us. This solemnity reminds us that God does not exist in isolation but as a community of Persons in relationship to each other. The Trinity is a relational God who gives and loves. Do we choose to live an independent existence or a Trinitarian, communitarian, and self-giving way of living? The only way to living the kind of community the Trinity models for us is through love, the self-giving love that creates and sustains life. (*Living Liturgy, p. 156*)

Vincentian Meditation: St. Vincent prayed: "O my God, may it please you to be the bond which ties the hearts of evangelizers together in a common attitude of humility, of unity, and of respect for one another...Let the good effects of their mutual affection, which you allow to develop among them, steadily grow and flourish, and make the fruits of their labors for the salvation of souls constantly increase. Strengthen them in their efforts, and be yourself their ultimate reward." (*McKenna, Praying with Vincent, p. 107*)



Administrator's Corner

Blessed Trinity: A Paradigm for Christian Living

St. John Chrysostom once said: "The Trinity is proof that the Church was founded by God. Why? It is because the core of our faith cannot be grasped by human reason alone. If the Church were founded by men and women, its central mystery would be understandable to them. But we cannot fully understand the Trinity because it breaks all our rules; - the rules of mathematics, grammar, and logic. So we simply say, 'Yes, I believe,' because God has revealed it to us."

Human language can only approximate who God is. St. John Vianney used simple images to teach the mystery: "The flame has color, warmth, and shape — yet it is one flame. The rose has color, fragrance, and shape — yet it is one rose. Water, steam, and ice are three distinct forms of one substance. In the same way, one God has revealed Himself to us as Father, Son, and Holy Spirit."



On this great Solemnity, we celebrate the central mystery of our faith. Trinity Sunday invites us to meditate on God's love. First, love is the heart of the Trinity — the eternal love of the Father, Son, and Holy Spirit. Second, we reflect on God's love for each of us. Third, our call to be missionary disciples. From creation, when God declared everything "very good," to our fall, He showered us with unconditional love: "For God so loved the world that He gave His only Son" (John 3:16). Jesus shows us the way to eternal life: "By this all will know that you are my disciples, if you love one another" (John 13:35).

The Blessed Trinity delights in the human race. Before creation, He chose us to be holy, as St. Paul tells us. Jesus reveals the Father to us and gives us the Holy Spirit — the love shared between Father and Son. The Spirit guides us to all truth and consoles us. It is beautiful to remember: God is our Father, Jesus is our brother and close friend, and the Holy Spirit is our Counselor. Jesus, the Second Person of the Trinity, took flesh, became equal to us in all things except sin, and gave His life on the cross so we could have salvation.

Today, as we reflect on this beautiful mystery, let us ask for grace to grow in friendship with each Person of the Trinity. We are called to live as children of the Father, brothers and sisters of the Son, and temples of the Holy Spirit. The challenge is to accept Him and look for Him in our daily lives. We are busy with family, work, and responsibilities, yet God asks for our presence, not perfection. Wherever we are; - at home, work, or school, let us resolve to live in His presence every moment, because we are children of God.

From this relationship flows our mission. God sends us out to witness to the world about the Father, Son, and Holy Spirit. Many people are unaware of His love and presence. We have the treasure of knowing we are loved with an infinite love. Our mission is to draw people to God and God to people. It starts in our families - husband, wife, and children staying, playing, and praying together. It extends to our parish; - pastor, ministries, and congregation offering time, talent, and treasure in love. It reaches our schools and workplaces; teachers, staff, and students working in harmony.

As the month of May comes to a close, we turn to Mary, Mother of Jesus and Mother of the Church. She was the first person in whom the Trinity came to dwell. Through her intercession, let us ask for the grace to grow in devotion to the Holy Trinity. Amen.

Pastoral Directory

Baptisms:	Father Anthony Nwaohiri	623-3419
Financial Council Chair:	Janne Campbell	832-4290
Pastoral Council Chair:	Martine Messier	808-4573
Mass Intentions & Bulletin:	Marilyn Deslauriers	222-3762
Pastoral Care:	Father Anthony Nwaohiri	623-3419
Advertising Ministry:	Lorraine Brisson	832-3351

EMERGENCY: anwaohiri@gmail.com For emergencies, email this address with EMERGENCY in the subject or call the church office at 613-623-3419.

Lost and Found: Periodically, please check the lost and found basket at the church entrance for articles you may have left behind.

Sts Michael and Gabriel helpinghand ministry: Her objective is to serve needy families periodically in a timely and confidential manner. More details will be announced soon. The administrators can be reached at stmichaelshelpinghands@gmail.com or (613) 623-3419.

West Carleton Food Access Centre: (WCFAC) Please remember our local Food Bank each week by donating items to St. Gabriel's grocery cart. Cash donations of \$20.00 and over will receive a tax receipt. Please include your name and address on the envelope. See Suzanne Lee if you have any questions. Thank you for your support.



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Weekly Eucharist

St. Gabriel's (Constance Bay) **St. Michael's** (Fitzroy Harbour)

Sunday 11:00 am Mass

Saturday 4:00 pm Mass

Sunday 9:00 am Mass

Wednesday 8:00 am adoration/confession, 9am mass

Thursday 8:30 confession, 9am mass

Friday 8:30 confession, 9am mass

live streaming link on YouTube St. Michael's Mass at 9 am Sunday

StMStG-Live

Confessions and Sacrament Of the Sick are also available by request.
Please contact Fr. Anthony directly to book an appointment.

Pastoral Directory on inside flap

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